

## Integrating Aspects of Shadow

By shifting the focus of thought inward, an individual begins the process of introspective thought. Although it may prove difficult at first, the more one leans into the process, the less resistant one becomes. One might say It is resistance training for the mind. The more an individual examines thought, the more light is cast upon the mind's intricate workings. Through introspective thought, one gains a deeper understanding of the underlying motives that contribute towards a particular action. Shedding light upon the unconscious aspect of the underlying reason for making a particular choice. Once an individual recognizes the reason behind an unconscious action, the mind can work towards addressing the root cause of the problem.

Once the mind gains awareness of the problem, it can work towards a healthy solution. For insight provides a degree of understanding that would not exist unless the individual has done the inner work. The sense of clarity attained aids in the process of identifying flaws in one's behavior. Without identifying the root cause of problematic behavior, the unconscious traits one is seeking to overcome will persist. The absence of reflective thought being the catalyst for unconscious action. Unless one seeks to address these behavioral shortcomings, internal growth will come to a standstill. To overcome internal stagnation, the mind will need to incorporate life's difficult lessons. For growth cannot take place without recognition of the underlying problem.

Learning to address patterns of negative thought prior to action provides an individual with a way of self-regulating toxic thoughts. The less impulsive one becomes, the fewer instances of irrational behavior will occur. Recognizing personal triggers and making the necessary changes to avoid hostile encounters will naturally lead to a more tolerant mindset. The more one

cultivates inner stillness, the more one's worldly troubles melt away. That which serves as an irritant to the mind, no longer causes the same level of irritation. The conscious observation of thought contributes to a deeper examination of ingrained patterns of behavior and beliefs. The observation of undesirable traits provides an opportunity to consciously work towards integrating aspects of one's darker nature. To achieve a state of mind where tranquil silence dissolves intrusive thoughts of the past.